

Oregon

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

www.healthoregon.org/hpcdp/physicalactivityandnutrition

The Epidemic

57% of Oregon adults are overweight or obese.
(CDC BRFSS, 2002)

31% of low-income children between two and five years of age in Oregon are overweight or at risk for overweight. (CDC PedNSS, 2002)

The obesity rate among Oregon adults increased by 86% from 1990 to 2002. (CDC BRFSS, 2002)

Notable Partners

African American Health Coalition, Inc.
American Cancer Society
American Heart Association
Bicycle Transportation Alliance
Breastfeeding Advisory Council
Nursing Mothers Council of Oregon
Nutrition Council of Oregon
Oregon Active Community Environments
Oregon Arthritis Foundation
Oregon Coalition for Promoting Physical Activity
Oregon Dairy Council/Nutrition Education Services
Oregon Department of Education
Oregon Diabetes Coalition
Governor's Council on Physical Fitness & Sport
Oregon Institute on Disability and Development
Oregon Recreation & Parks Association
Oregon State University Extension Services
Safe Communities Coalition
Upstream Public Health
Willamette Pedestrian Coalition

Upcoming Events and Products

- A Physical Activity, Nutrition and Obesity Research Consortium charged with developing evaluation and research priorities consistent with the state plan strategies
- Training for 10 school teams to assess and implement policies and strategies to promote student physical activity and healthy eating
- A worksite assessment tool for physical activity and nutrition policies

Program Priorities

An *Oregon Statewide Public Health Nutrition Plan* and a *Statewide Physical Activity Plan* were published in early 2003, prior to the award of CDC funding for obesity control and prevention. Both plans are on the program Web site. A report on *Keeping Oregon Healthy* and transcripts of presentations from a February 2003 conference on A Healthy, Active Oregon also are on the Web site.

An updated inventory of physical activity and nutrition-related programs and interventions of the Department of Human and Health Services and many partner organizations has been published.

The Health Promotion and Chronic Disease Prevention Program has published a report, *Keeping Oregonians Healthy – Preventing Chronic Diseases by Reducing Tobacco Use, Improving Diet, and Promoting Physical Activity and Preventive Screenings*, that details public health data available at the state and local level for chronic diseases, and their risk factors, including physical activity, nutrition, and obesity. The report is available at www.healthoregon.org/hpcdp.

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